

Sam's Story

A Committee For Children Publication

Sam's Story

By Molly Anderson

Acknowledgements:

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This is the story of Sam and Jesse and what they learn about safety.
Each time you hear the bell, turn the page.

"I LIKE MYSELF"

I like my head;
It's a place to hang my hat.
I like my ears;
I like 'em round and flat.
I like my chin;
It's right below my grin!
I like ... I like ... I like myself

I like my knees;
Don't knock 'em if you please.
I like my toes;
They points the way I goes.
I like my hair;
It grows from here to there!
I like ... I like ... I like myself.

I like my dog;
We love to romp and play.
I like my friend,
Who comes to spend the day.
But other times,
I'd rather be alone!
I like ... I like ... I like myself.

Sam loves to sing. She likes to make up her own songs. She sings to her dog. She sings with her mom. Lots of times, she sings just for herself. Sam likes herself.



Sam and her friend Jesse sing together, too. Sometimes they sing while they play in the sandbox. One time when they were playing and singing, Sam's dog jumped in with them! Jesse got sand in his eyes. When he started to cry, Sam gave him a hug. Jesse felt much better. Hugs are nice when you need them.



Once Sam got a hug she didn't like. It was from a friend of her mom's. Sam tried to pull away. She felt mixed-up. Why didn't this big person understand?



When the friend left, Sam and her mom had a talk. "Sam do you remember the rules about touching we talked about?" asked her mom. "Yes," said Sam, "Sometimes I have to say No."



“Yes,” said her mom. “Here are two times to remember that: 1) Say “No!” to a touch you don’t want, like too much tickling. 2) Say “No!” if an older person wants to touch your private body parts. Those are the parts of your body covered by a bathing suit.” So Sam and her mom practice saying “no” with a song.



"WHEN I SAY NO"

I love to swing and look at the sky,
But I get scared if you push me too high.
Time to put me back on the ground.
Listen when I tell you "no!"

CHORUS: When I say no
I mean no.
Red means stop
And green means go.
I stand up tall and look you in the eye
When I say no.

(CHORUS)

Rolling and wrestling on the ground,
I feel my head start to spin around.
Time to stop this rough house game.
Listen when I tell you "no!"

(CHORUS)

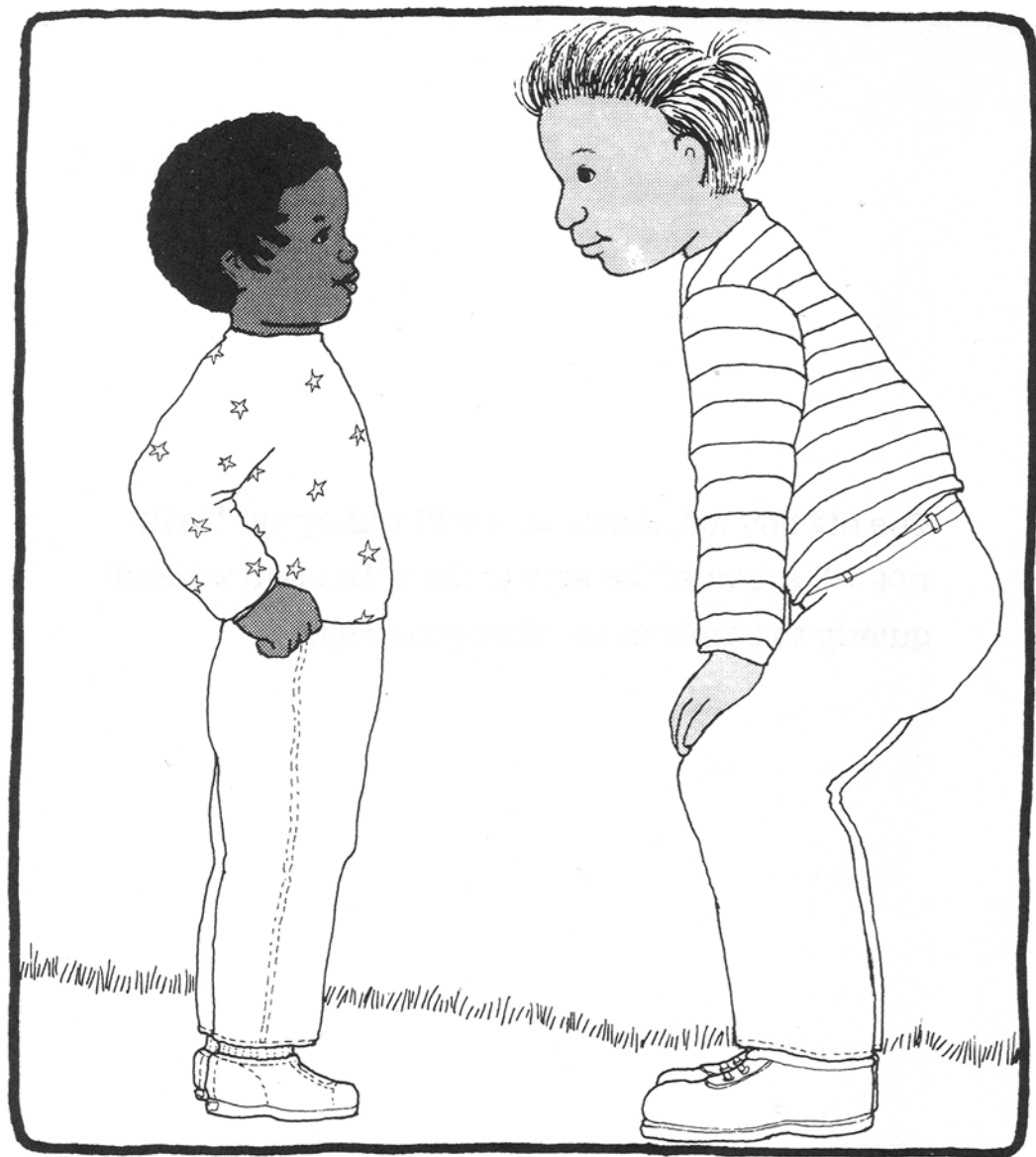
You're a friend of my mom's
And you make me laugh.
You tickle me and pull me into your lap.
I don't like it when you hug me like that,
So I'm telling you "no!"

(CHORUS)

One day Sam and Jesse were swinging at the park. An older boy came over to them. He asked if they wanted to play a secret touching game. He wanted to touch their private body parts. He said, "It will be just our secret."



Jesse felt so scared, he didn't say a word. Sam remembered what her mom had said. "No," said Sam in a little voice. Then in a louder voice she said, "No! We don't want to play that game with you!"



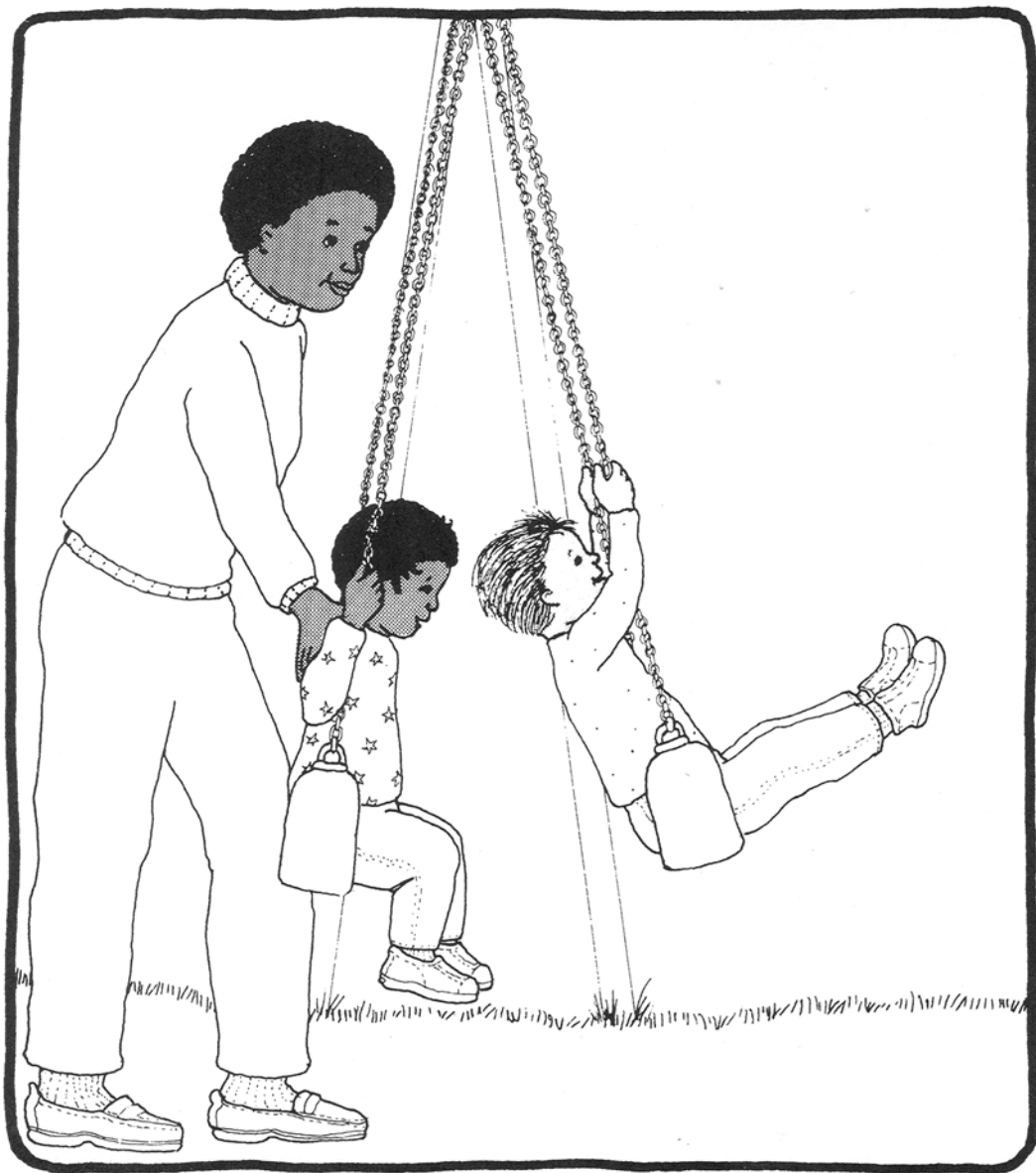
The big boy left. Jesse was still unhappy. “Let’s not tell anyone,” he said to Sam. The two walked quietly to Sam’s mom sitting nearby.



“Why do you look so sad?” she asked. Sam looked at Jesse and then at her mom. Then, she told her what had happened at the swings. Sam’s mom bent down and hugged them both. She was very happy that Sam had told her.



“What happened was not your fault,” she told them. “Always tell someone if an older person scares you or tries to trick you. I’m glad you told me, Sam.” Jesse and Sam felt much better. Soon they were back on the swings while Sam’s mom pushed first one, then the other.



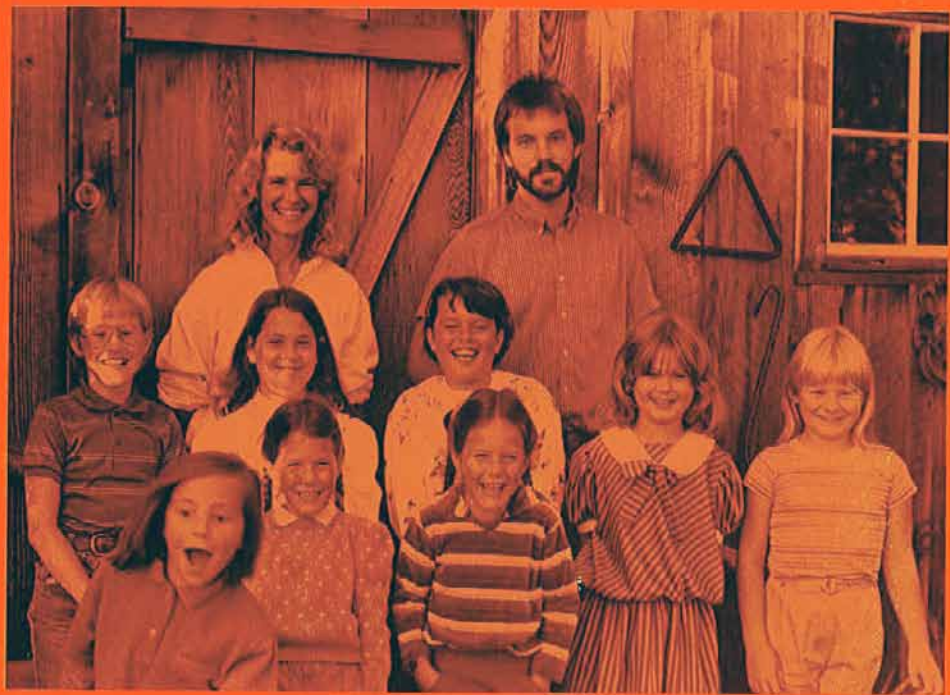
"KEEP ON TELLING"

Something has happened that's bothering you,
And you're not sure just what to do.
Don't keep secrets . . . Don't keep it inside.
You've got nothing to hide.

CHORUS: Tell your mom. Tell your dad.
If you're scared or if you're sad.
Keep on telling
Till somebody says . . .
I'm gonna help you now.
Tell a teacher . . . Tell a big friend,
Someone to help this thing to end.
Keep on telling
Till somebody says . . .
I'm glad you told me,
I'm gonna help you now.

Just remember a simple rule,
At home, at the park or even at school.
If you think someone is trying to trick you,
Here's what you should do . . .

(CHORUS)



Our music team